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Summer OT Exercises



These activities are designed for you to enjoy with your child this summer to help to promote the continued development of his/her fine motor and sensory processing systems! Remember to encourage a strong trunk/core muscles to support your child's play and functional skills! Have fun playing and learning together!

1. Be sure to check out my Pinterest page at "Ruth VanGorder". You will find a variety of fine motor, sensory, visual motor and posture/positioning ideas.
2. Daily "Superman" and "Deadbug" exercises to promote trunk and core strength as well as reflex integration.
3. Play-doh activities. Be creative and playful with play-doh. This simple toy is an excellent strengthener of the small muscles of the hand and wrist. It is also a wonderful tool to facilitate improved sensory processing/self-regulation. Check out play-doh ideas on pinterest. You can also be creative with cookie cutters, straws, potato mashers, tooth-picks, beads, etc.
4. Make a weekly "sensory" recipe! This is an excellent way to promote sequencing, following directions, and sensory integration/fine motor skill development all in one.....and besides, it is fun! Recipes to look for include: play-doh, slime, fruit smoothie's/milkshakes, stress balls, silly putty, rice krispie treats, Ziploc lemonade. I have attached an easy, fun play-doh recipe!

5. Check out a different play-ground each week! Get outside! Move around and be active! Put down the electronics! Just get outside and fly a kite, ride a bike, take a hike, go for a swim, play catch, shoot hoops, jump rope.....get moving!

It has been an absolute pleasure working with your child! Have fun this summer! Remember, play is the BEST therapy for a child to grow and develop!

